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Matthew Sasser

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Thursday, January 23, 2020

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# HARRISONBURG FIRE DEPT.

## Hot streak

### Fire Chief Ian Bennett announces departure



GRAPHICS BY CONNOR MURPHY / THE BREEZE



TRISTAN LOREI / THE BREEZE

Bennett began as a volunteer firefighter in the early 1980s.

By **MATTHEW SASSER**  
*The Breeze*

It's difficult for Chief Ian Bennett to pinpoint exactly what the Harrisonburg Fire Department does best. That's because he knows his personnel is always willing to go above and beyond in providing service to the community.

Whether it's securing a person's truck at the station while they wait for him to get out of the hospital or taking care of a family's dogs after an accident, it's the "little stuff" that makes Bennett so proud.

"The City actively supports public safety," Bennett said. "It's a very rewarding job to see that when there's an emergency, it gets taken care of."

Since he started as a volunteer in the early '80s, Bennett has maintained a love for his work as a firefighter. Bennett's time at HFD will come to an end April 1. Even though he's stepping down to pursue other opportunities, he recognizes that the culture of HFD is built around improvement and progress.

Under Bennett, HFD has added more paramedic-trained firefighters, updated its equipment and apparatuses, and increased training opportunities.

But, he doesn't view these accomplishments as his own. Rather, he views them as achievements of the department, which he's facilitated and provided with the necessary resources for his staff to achieve.

"We have an outstanding group of personnel dedicated to providing excellent service," Bennett said. "It is very rewarding to respond to an emergency situation and take actions that have a positive impact on

lives and property. The main thing I'm going to miss is the people and miss working with them all day. Their dedication to the citizens and their job is unparalleled and outstanding."

Deputy fire chief officer of operations Steve Morse described Bennett as having an "approachable personality." His communication allowed people across the department to feel appreciated and welcome.

"Like many others in this department, he has a true love of what we do and a true love and care for the city as a whole and this fire department," Morse said. "We hate to see him go."

Bennett, who has been a firefighter since 1987, will work with the National Fallen Firefighter Foundation in April, which he's assisted in some capacity since 2002. Its mission is to honor and recognize firefighters killed in the line of duty, help their families and prevent deaths that occur in the line of duty. Bennett will be working on programs that will assist families and departments after a death.

"The department is built on a good foundation from what Mr. Bennett has done," Morse said. "He has so much knowledge from his experience that I've used to help my own knowledge and skills. He's getting his retirement job that he's always wanted."

Bennett still plans on living in Harrisonburg, but his new position will take him across the country. The NFFF trains firefighters in all 50 states.

Over the coming weeks, the office of the City Manager will be initializing a new search for a fire chief, Michael Parks, director of communications for the city of Harrisonburg, said.



“The department is built on a good foundation from what Mr. Bennett has done,” Morse said. “He has so much knowledge from his experience that I’ve used to help my own knowledge and skills. He’s getting his retirement job that he’s always wanted.”

Bennett still plans on living in Harrisonburg, but his new position will take him across the country. The NFFF trains firefighters in all 50 states.

“This is a great position for someone to come into,” Parks said. “It’s a growing department and growing city and a great team that someone will be inheriting.”

Parks said these are big shoes to fill. Some of the qualities that Bennett has, such as being a team player and not shying away from things that need to be done, are essential for this role. Even as head of his department, it was not uncommon to see him out on a call. Parks also recognized Bennett as a great ambassador for the city.

“We’ll miss him as a fire department chief,” Parks said.

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Bennett stands beside a uniform that’s similar to the one he wore while training to become a firefighter.

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# Free of charge

Free clinic expected to return to Harrisonburg in 2021

By **JAMIE MCEACHIN**  
The Breeze

In a white tent set over the Rockingham County fairgrounds, Harrisonburg residents lined up to be seen by doctors, free of charge.

This is the first Remote Area Medicine Clinic to make its way to the Shenandoah Valley. It was organized and hosted by members of the JMU and Harrisonburg communities to provide on-site medical and dental care to underserved residents in 2019.

This clinic was brought to Harrisonburg by the efforts of Laura Hunt Trull, an assistant professor of social work at JMU. She saw a great need in the Harrisonburg and Rockingham County population for medical care that could be accessed by impoverished residents who are underinsured or without health insurance completely.

"We estimate that there is about 17,000 adults who are uninsured in Harrisonburg," Trull said.

Trull has continued her involvement with RAM and plans for another free clinic to serve

Harrisonburg residents in April 2021. The clinic in March 2019 served 601 residents, supplied 856 individual medical services and gave over \$340,000 in free care.

Under the tent's shade, patients cluster around one table where clinic staff distribute Narcan, an expensive over-the-counter drug that's used to combat opioid addiction. Patients were taught to self-administer the drug, and they left with a free supply for use during an opioid overdose. This station and others that provide support for issues like nicotine addiction and other lower-level healthcare services aim to address the needs of the underserved and underinsured.

Volunteer Jonnie Lawler, 23, said the most popular service is provided by the dental station, where patients without dental insurance take the opportunity to be seen by dentists and their assistants. The general medical station — the second most popular, Lawler said — offers check-ups to patients that don't have regular access to general medical care. Every member of the clinic's staff is either a doctor or medical assistant

who volunteers their time or a community member who wishes to give back.

"This event couldn't happen without the dedication of the community host group volunteers and without the flood of support from community organizations," Trull said. "Every direction I turned with a need, there was someone saying, 'Yes, we'll do that.'"

Trull has followed RAM for around 20 years, and for the past five years, she's volunteered for the organization herself. Her course requires students to volunteer at a RAM clinic, and after her years working with the program, she wanted to bring RAM to Harrisonburg. RAM travels to locations in the U.S. and other nations to provide medical care to underprivileged populations who generally can't afford basic healthcare.

In 2017, Trull proposed her idea to invite RAM to the community to the Safety Net Coalition, and it was approved. Trull reached out to the RAM headquarters, based in Nashville, Tennessee, to invite the organization to bring a free clinic to Harrisonburg. And from that point, the

community host group was born and began to fundraise, pull together local volunteers and secure the site for the clinic. RAM provided the supplies and recruited the professional volunteers.

Trull made it clear that without community donors and volunteers, the clinic wouldn't have been possible. She credits the RMH Foundation, the College of Health and Behavioral Studies at JMU, many corporate donors, local churches and other community sponsors.

"I'm very grateful for that, and I think there will be several hundred patients who will be grateful for that, as well," Trull said.

Lawler and Audrey Villanueva, 23, are VCU pre-med and pre-dental students who drove from Richmond, Virginia, to volunteer at the RAM Clinic. They're two of an entirely volunteer staff made up of doctors and medical students who left their practices to serve at the two-day clinic.

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# Raise the bar

JMU faculty and staff respond to Gov. Northam's (D) decision to increase education funds

By **JAMIE MCEACHIN**  
*The Breeze*

Democratic Gov. Ralph Northam's proposed budget increases funding by \$94.8 million for early childhood education programs in the Commonwealth. The additional grants will allow public and private preschool programs and initiatives to increase accessibility, affordability and quality of early education in Virginia.

Childcare and preschool programs in Harrisonburg and Rockingham will benefit from the proposed budget, as most already receive state grant money. The increase in funding will allow local public and private programs to care for more children and potentially raise the pay of preschool teachers and childcare providers.

The proposal includes \$59.5 million to enhance the Virginia Preschool Initiative (VPI), which will give increased access to early childcare to at-risk four-year-olds in the state or children with a greater chance of failing academically or dropping out. Portions of this funding are expected to increase the VPI per-pupil amount by 10% annually. This could incentivize childcare program partnerships to increase class sizes and to decrease or eliminate waitlists for childcare.

Another \$26 million of state funding will be funneled into the expansion of VPI, Mixed Delivery Grants and pilot programs to include 2,500 at-risk three- and four-year-olds in existing childcare programs.

"Many families need to work, but having access to safe, caring, educational opportunities for your children is a major concern across the Commonwealth," Teresa Harris, professor of early childhood education at JMU, said. "[This funding] gives us a chance not only to expand and make high-quality care and education available to families, but it also lets us address issues of quality so that children that are in care during those first five years are most likely to enter kindergarten ready to learn and able to take

advantage of what our public schools have to offer."

Harris and other early childhood professionals said they're excited to see firsthand the effects of increased investment in preschool programs. The additional funding will increase the accessibility to classrooms for public and private caregiving programs, Harris said. The new spots will accommodate those previously on waitlists.

And most importantly for Harris, caregiving programs can be grown in "childcare deserts" across the state, mostly rural areas of Virginia where any type of childcare is largely inaccessible or unavailable. The available childcare in Northern Virginia, Harris said, is generally accessible and of high quality. In areas like Harrisonburg and Rockingham, Harris said childcare accessibility is "pocketed" throughout the region.

The director of SMART Beginnings, Sharon Shuttle, said both Harrisonburg and Rockingham County have successful private and public preschool programs. SMART Beginnings — a state-funded program that collaborates with the area's childcare providers to ensure quality of care — will aid the community in determining how the new funding will impact services to children and families and how that will "trickle down to improve programs."

"I think it's just taking the things we're doing well and doing them better, and taking the things we don't do so well and really taking the time to tease that out and figure out how we can use these funds in a way that maximizes the gains for children," Shuttle said. "This is money coming from the state, and this is tax money that people have put in, and so we're asking them to trust us to be able to do what's right for our community and what's right for our children."

This investment on the part of the state government will help to create a "comprehensive system" for early childhood education and care, which Harris said

"Many families need to work, but having access to safe, caring, educational opportunities for your children is a major concern across the Commonwealth."

**Teresa Harris**

early childhood education professor



Harris' class poses for a picture during a lecture.



Teresa Harris, an early childhood education professor, lectures on the dangers of a single story.

she believes will fill the gaps in childcare between regions of the state due to the diverse allocation of previous funding.

"It really opens up opportunities both for families to with confidence leave their children in care while they work to provide for their families," Harris said. "And for those of us who work within the profession, it gives us the chance not only to look at the quality of what we're doing but the equity in terms of compensation for what we're doing."

Harris said the proposed funding will give private and public childcare centers the ability to increase the providers' pay without increasing the already high cost of childcare paid by families.

Quality of childcare and education grows with the quality of early childcare providers, who are increasingly more educated but still remain undercompensated in many regions of the state, Pat Kennedy, the director of the Young Children's program at JMU, said.

"For me, it's really exciting to be able to provide support for teachers, to be able to help them in their professional development, to continue to increase the quality," Kennedy said. "Another piece I think we'll be looking at is the inequality of the pay because [childcare] is just a low-paying profession. Some of them are not even making a living wage; they qualify for food stamps."

Addressing early childhood educator compensation is a goal stated in the governor's proposed budget, which allocates \$8 million toward attracting and retaining educators, especially in hard-to-serve

preschool programs.

The interest in increasing the quality of educators — and early childhood education as a whole — reflects a general understanding of the importance of setting a good foundation during early childhood from both policymakers and educators.

"It means that we are recognizing that the first five years of a child's life are extremely important and that we recognize that the research and data that supports that notion is valid," Shuttle said. "We are as a community realizing that it's more important to put money toward our youngest than trying to do remediation on the other end."

Harris said children without quality and educational childcare during early childhood are at greater risk for being unprepared for kindergarten and potentially repeating grades — and with each repeated grade, costs to the Commonwealth and the chances for that student to drop out before graduating high school increase. This is a "both an economic and ethical dilemma" for Harris, as these individuals are less likely to find high-paying employment that will allow them to contribute as taxpayers.

"We've known for a long time how important this time of life is," Kennedy said. "But now, we're finally putting our money where our mouth is."

**CONTACT** Jamie McEachin at mceachja@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.





Trull estimates that at least 17,000 adults in Harrisonburg are uninsured.

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“I get to volunteer a little bit, I get to see doctors and see real people interact with the community,” Lawler said. “It’s just a good vibe here.”

As he volunteered, Lawler described working with one patient who was at the clinic for a general check-up because he doesn’t have the right services to evaluate his health as a non-English-speaking patient and couldn’t afford healthcare while uninsured.

Many residents are eligible for Medicare, but Medicare doesn’t cover dental or vision procedures, according to the Medicare website. RAM is able to offer full dental exams, X-rays and full vision exams that include the opportunity for patients to leave with the glasses they need.

Community members like Glenn Hodge, an attorney at Wharton Aldhizer & Weaver PLC, aided Trull in planning and organizing. Hodge, as a long-time member of the free clinic board in Harrisonburg, wanted to fill the demand for healthcare he knows Harrisonburg residents have.

“There’s a need,” Hodge said. “When you start looking at the services the RAM clinic provides — the dental and vision — you know this will help the uninsured and underinsured.”

For pre-med and medical students like Lawler and Villanueva, RAM clinics are valuable opportunities to gain experience in the field while also giving back to people in need. Lawler described a conversation he had with a doctor he’s working under while at the clinic, who has volunteered at 12 free clinics.

“I asked him why he does it, and he said, ‘Sure, there’s a bit of altruism,’” Lawler said. “But, he looked at me and said, ‘Well, there’s a need for it. These people need this.’”

**CONTACT** Jamie McEachin at mceachja@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.

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*From someone who was very nearly one of the first 100 people in line for free coffee.*

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*From a girl who's best friends with her sister.*

A **"seriously?"** dart to my professor who made a project due in the second week of class.

*From a second-semester senior who just wants to sleep and not do anything.*



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## Lizzo inspires listeners to love themselves

**JOANNA SOMMER** | insightful thoughts



Lizzo's single, "Truth Hurts," dominated charts through the summer after it was featured on the soundtrack for Netflix's original movie, "Something Great." From that moment on, it was no secret that Lizzo was a woman who radiated confidence and high self-esteem.

Her songs are about more than battling themes of love and heartbreak from men. She makes it evident in her work that she wants her listeners to understand the importance of self-love.

In "Truth Hurts," there's no crying over a man who broke her heart. Lizzo knows her worth, singing, "You're 'posed to hold me down, but you're holding me back / And that's the sound of me not calling you back." She recognizes the faults in her relationship and realizes that she needs more than what's going on between her significant other and herself.

Lizzo also acknowledges the importance of empowering friendships. She sings about her friend, who encourages her to get a shampoo press, take some good pictures of herself and find herself a man who's worth her time.

"Truth Hurts" was a significant milestone for Lizzo. Not only did it dominate the

Billboard 100's top spot for seven weeks, but it also made her hit single tied for the longest-running female rap song in history with Iggy Azalea and Charli XCX's "Fancy." She's still on the rise, but she's a stand-out performer who's doing something different than other pop singers in the last decade. Her songs are all based on the love she has for herself, encouraging her listeners to have the same foundation in their relationships as well.

Her 2019 album, "Cuz I Love You," where "Truth Hurts" can also be found, features lyrics that are packed with body positivity. "Like a Girl" is an anthem that debunks the traditional meaning used when someone says something is done "like a girl."

The saying "like a girl" carries a negative connotation. For example, if someone says one "throws like a girl," this usually means their throw is flimsy and weak. Lizzo's song proves women are the opposite, singing, "So if you fight like a girl, cry like a girl / Do your thing, run the whole damn world." She provides a new definition of the stereotypical phrase, making it about female empowerment.

She's an influential role model for females to look up to, especially younger girls who may lack self-confidence. Lizzo knows who she is. She's a thick black woman who loves making music and relishes in her body positivity. She doesn't care about criticism from the public because she loves herself and is completely unbothered by people who give her hate. She doesn't need a relationship to be happy, and

she has standards for the way she deserves to be treated.

Looking at some of the top music artists played on Spotify from the decade, black female artists are some of the least represented. According to Spotify Wrapped 2019, the playlist "Most Streamed Songs of the Decade" only mentioned three songs by black female artists out of 50 songs. There were two songs by Rihanna, one by Nicki Minaj and one featuring Janelle Monae. Their "Top Artists of 2019" playlist featured one song by Beyonce, Rihanna and Cardi, respectively. Also featured was a remix version of Whitney Houston's "Higher Love" featuring Kygo.

Black female artists are often underrepresented in the media, according to SynchTank. Many of those women aren't given the acknowledgments they deserve for their hard work and talents. It's important to recognize up-and-coming artists who are black females and notice what they're contributing to music in today's society.

Lizzo's music is opening a new door to self-discovery that can be inspiring to those who are on their own journey to find self-love. She writes about her confidence in her music, she boasts about her happiness on social media and she's also contributing to a plethora of black female artists who deserve to have their voices heard.

Joanna Sommer is a sophomore media arts and design major. Contact her at [sommerjj@dukes.jmu.edu](mailto:sommerjj@dukes.jmu.edu).

## Editorial Policies

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# COLLEGE CREDIT



BREEZE FILE PHOTO

Using credit can help a person save money in the long run.

## Students need to realize that it's important to build credit now

**JOSIE HANEKLAU** | open outlook



While college students vary in majors, interests and activities, one mostly universal truth is that they spend a considerable amount of money.

Living expenses and tuition alone can easily tally into the thousands. One college student documented her spending in a blog and found that she spent over \$100 in one week alone.

Yet, there's a financial benefit to spending so much money — the chance to build good credit that can aid a lifetime of consuming. College students are the perfect candidates to start this process.

A credit score is essentially a numerical representation of how good someone is at paying back the debts they owe. If someone spends \$200 a month on their credit card, paying that off in full at the end of every month will result in a good score. Therefore, having a high score shows companies that they can trust you.

With a low score, many may be denied from buying a car, a house or other large and essential purchases. Also, a good credit score usually means one can qualify for a lower interest rate, which could mean saving up to thousands a year.

As soon as college students graduate, many will be working on paying off student loans as well as hunting for a place to live and finding a mode of transportation. At that critical point, having a good credit score will allow them to feel less stressed over whether or not they'll be approved for a loan, and the lower interest rate could alleviate the financial strain.

According to Student Loan Hero, good credit takes between three to six months to build. Starting this process as a student means time saved after graduation.

As stated by finance website The Balance, one in four students finishes college with \$5,000 in credit card debt. In the opinion of creditcard.org, credit cards only add to students surmounting debt and should therefore only be used in emergency situations. The solution to combat the fate of some students racking up credit card debt isn't to discourage their usage but to educate them on how to be responsible when using a credit card.

For example, if a student is unsure if they'll be able to pay off large expenses like rent on a credit card, using the card solely for gas is a simple way to more easily pay off a monthly debt while still benefiting from building good credit. As long as a college student can pay for their basic expenses, it only makes sense to practice spending some of them using a credit card.

Additionally, plenty of resources are available to college students that can help them become more knowledgeable about how to responsibly use a credit card.

Cardratings.com published a college student's guide to credit cards that lists the essential basics, gives advice on how to not overspend and even details how to get started. Also, as stated by The Balance, college students are prime targets of credit card companies that are attempting to build company loyalty from a young age, so students often don't need to jump through hoops to sign up for a credit card.

However a student goes about it, college is the ideal time to start building a good credit score that can financially benefit them for future years.

Josie Haneklau is a sophomore political science and psychology major. Contact Josie at haneklajr@dukes.jmu.edu.

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### PANEL PARTICIPANTS:



**Jennifer Morgan** ('93),  
Co-Chief Executive  
Officer of SAP



**Carrie Owen Plietz** ('97),  
Executive Vice President  
and Chief Operating Officer,  
Hospital Division of WellStar  
Health System



**Kathy Warden** ('92),  
Chairman, Chief Executive  
Officer and President of  
Northrop Grumman

The panel will be moderated  
by Bobbie Kilberg, longtime  
leader of the Northern Virginia  
Technology Council.



# KEY TO HAPPINESS

## Mental health improves with the practice of gratitude

**ALLISON BAXTER** | what now?



The day of the year most associated with gratitude is Thanksgiving. Many people celebrate by going around the table to allow each family member to state what they're thankful or grateful for. These gratitudes can range from family to good

health to an Amazon Prime membership. But this practice shouldn't just be done during Thanksgiving dinner — it should be done all year long.

As a teenager, my mother used to encourage my brother and me to share one thing we were grateful for that day at dinner. My brother would always mumble, "I'm grateful I'm breathing." While my mother would have to cut me off as I began reciting my list of gratitudes. I didn't understand why she made us do this every night until I went to college and, suddenly, there wasn't anyone around to remind me to be grateful. Now, as a student, I understand the benefits that gratitude brings to mental and emotional life.

Some of these benefits include:

1

### Improves self esteem

Practicing gratitude can cause an improvement in self-esteem. According to a 2019 study published in Career Development Quarterly, college students experience psychological distress due to unique stressors, which lowers students' self-esteem. In another study published in the Journal of Social Behavior and Personality, higher levels of gratitude led to higher levels of self-esteem. This is important because self-esteem influences daily decisions and interactions.

2

### Reduces stress

Being more grateful can help reduce stress encountered daily. According to a 2019 study in the Journal of Happiness, participants who wrote down their gratitudes every day felt less stressed. This is because gratitude acts as a buffer for the negative effects of stress. Without those negative effects, students might perform better in school.

3

### Increases life satisfaction

Gratitude can help increase the satisfaction students feel toward their life. As teens grow older, they internalize many attitudes and values from society. This can be a positive and negative characteristic. Materialism is a negative value that's internalized. According to a 2015 study in the Journal of Happiness, gratitude helps combat materialistic tendencies and develops appreciation which increases life satisfaction. Other interesting finds in the study are that more grateful students had a higher GPA, were more social and less depressed.

4

### Increases generosity

Gratitude helps one be more generous. In an article for The New York Times, David DeSteno writes that feeling grateful will also prompt one to engage in acts of "paying it forward." An example of paying it forward could be paying for the person's coffee behind you at Starbucks. DeSteno also researched that when asked for donations, grateful people shared 12% more money than others.

Some easy ways to incorporate more gratitude into a daily routine are writing thank-you notes, meditating or keeping a gratitude journal. Even the simple act of telling a friend or professor "thank you" counts. Doing this will foster

more appreciation for the good and bad situations in life.

Allison Baxter is a junior media arts & design and communication studies double major. Contact Allison at [baxte2ae@dukes.jmu.edu](mailto:baxte2ae@dukes.jmu.edu).



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# Humans of Madison

Interviews collected on JMU's campus

PHOTO COURTESY OF ANASTACIYA WHEELER



## Anastaciya Wheeler

"So my story is, I'm currently the president of Women of Color, and Women of Color is an organization that is so close to my heart, 'cause it's the very first organization that I joined on campus my freshman year. And that year, it was the revitalization of the organization, so you know, over time — well it was actually created in 1988, 1989 — and over time, it had, like, come about and then died down and went inactive. You know, it just went in and out, but the year I came was the revitalization. And it was all these amazing women, like you know, sophomores, juniors and seniors, they brought up the organization — it was like this really big thing."

"And you know, being a person of color on campus, it's really, it's an interesting experience 'cause there's not a lot of us. You know, having the opportunity to be surrounded by people that look like me was so important to me. It was so exciting for me, because it was something that I had never experienced yet since I had come to JMU. So, you know, upon being in Women of Color, I fell in love with just the people I was meeting, I was attending all the social issues we talked about, mainly the community service. I've realized I'm really interactive with the members, and that's so, so important interacting with the members of Women of Color, because creating a safe space and being, like, a warm welcoming face is just so important to me. So I decided I wanted to run for president and luckily I won, so that was really exciting."

Watch the video and submit a nomination on [breezejmu.org](http://breezejmu.org)



PHOTOS COURTESY OF RYAN CUDAHY

# Virginian talent

Former JMU students plan to shoot  
feature film 'Mount Skylight'

Brendan Gaffey and other actors play characters who are recovering addicts.

By AMY NEEDHAM  
The Breeze

When Ryan Cudahy and Tristan Schuler met in a history class their first year at JMU in 2013, they realized they had a common goal.

Cudahy said he'd dreamt of producing films his entire life, and Schuler said he'd composed soundtracks for films he couldn't create on his own. The two went on to work on various small-scale projects together in the years that followed, but when Schuler approached Cudahy in 2018 with an idea for a short film called "Mount Skylight," Cudahy recognized its potential.

"We were kind of just joking about it, and then [Cudahy] was like, 'No, I think we should actually make this and turn it into a script,'" Schuler said. "So then, we ended up making the short film."

Shortly after its release, "Mount Skylight" was selected for the Apex Short Film & Music Video Festival in Tucson, Arizona, and DRAFT Fest in Derry, New Hampshire, where it garnered positive feedback. After receiving a grant from the Magic Lantern Theater in July 2019, the two decided to expand their concept into an independent feature film with Cudahy as the producer and Schuler as the writer and composer.

"People really enjoyed it," Cudahy said. "Their main focus of it [was] that they would like to see more of these characters."

The feature film of the same name will follow a group of recovering addicts who return from a hike in the mountains to discover that everyone in their town has vanished. They must figure out what happened and how to survive.

"While the film is in part a thriller, it's also a metaphor for the abandonment that addicts and people struggling with mental illness face while they're attempting to recover," Cudahy said. "But more than that,

it's about a simple question: 'What does it mean to be a good person?'"

Schuler said the film's idea came from a personal life event. He said that while he was on a family excursion, he encountered what he described as a strange town that later served as inspiration for the film's plot.

"I actually was hiking with my dad up in New York after climbing a mountain called Mount Skylight up in the Adirondack Mountains," Schuler said. "We got back from the hike, and we went to a town, and it seemed very desolate. That's the same idea [of] how [the film] starts."

To write a script that heavily features characters with mental illnesses, Schuler said the team did extensive research and even pulled from personal experiences to accurately portray the subject. Though the film could be difficult for some viewers to watch, writer and director Taylor McNelis ('16) said that's not the team's intention.

"It's something you want to handle delicately," McNelis said. "This isn't meant to cause a trigger for someone ... It's more meant to give them a character on-screen to relate to."

A key emphasis of the film is that it'll be shot and produced entirely in Virginia by a Virginian cast and crew. A large part of the crew met during their time as media arts and design majors at JMU and feel that a "100% Virginia film" will benefit the state in multiple ways.

"I know so many people in [media arts and design] that want to stay in Virginia,"

McNelis said. "So, outside of stimulating the Virginia economy by turning it into a production hub, ... we also want to showcase the talent that Virginia has to offer."

Cudahy said he hopes that by displaying Virginia's natural beauty and its local talent,

the state legislature will be persuaded to increase film funding. He believes this could attract more production studios to the area.

"We're already in

contact with a few delegates who are very interested in seeing what we're capable of, and we're hoping to make that happen," Cudahy said. "Film production greatly benefits the economy of Virginia, and we know that if we get this film made ... the people of Virginia can read the charts on that."

"Mount Skylight" is still in pre-production, but filming is expected to start in the fall of this year. The team said it's currently conducting fundraisers in 38 independent cities in the state to cover production costs. Though most parts have been already cast, Cudahy said the team plans to reach out to JMU alumni and students for smaller roles.

For Cudahy, producing this film is a childhood dream come true. He said the most fulfilling part is seeing people enjoy his finished creation.

"I've been wanting to do this since I was four years old," Cudahy said. "At the end of the day, maybe I'm selfish, but I really enjoy people being able to sit down and watch what I've created. To do this on such a bigger level has been incredibly rewarding already, and I'm sure it will be rewarding for years to come."

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The film's plot follows characters who come back to their hometown after a hike to find that the residents have vanished.

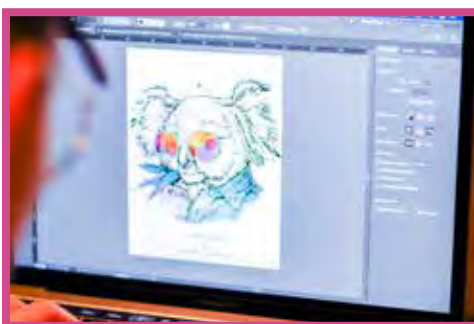




# Simplicity for a cause

PHOTOS BY KURT PEREZ / THE BREEZE

Alvarado (left) and Essex split the responsibilities of their business and said time management is key.



Students launch a minimalist fashion company, Andromède and look to donate proceeds to charity for undereducated youth

**By CHARLOTTE MATHERLY**  
*The Breeze*

As José Alvarado, a sophomore biotechnology major, and Ryan Essex, a sophomore economics major, studied for final exams this past spring, they took a midnight stroll through campus to relieve their stress. They talked about success as they walked, coming to the conclusion that successful people lead minimalist lives.

They say this realization led them to discuss minimalist lifestyles and, in turn, fashion. They asked, "Why was it so difficult to put together a minimalist outfit?" After some research, the two friends found that there was a scarcity of minimalist clothing companies — so they started their own.

On Aug. 2, Alvarado and Essex formed an LLC, and their company, Andromède, became official.

Alvarado and Essex began considering different types of minimalist artwork and decided to use line art for their first mix of products. According to artists on Skillshare, a website where artists can share their knowledge and products, line art is a drawing of only lines without shading or color. Alvarado said this technique appeared relatively simple, making it a perfect choice for their company's clothing.

Later that summer, the co-founders chose three potential freelance designers and asked each of them to draw an elephant. Then, they picked one designer — aiming for the one who was cost-effective and could produce the highest quality work — and worked with them to create a set of drawings that are featured on the clothing.

Since Andromède began by selling only T-shirts, Alvarado and Essex have added to their product line and now make crop tops and hoodies as well, displaying a variety of line art designs. Many products have drawings of faces and people on them, such as hands forming a heart shape. On Nov. 29, Andromède launched its website.

Both founders said Andromède is more than a business. The company donates 10% of its proceeds to Children Incorporated, a charity that provides quality education to underprivileged children around the world. The founders intend to increase their donations to 20% of the company's profits once the business becomes profitable. Essex said the majority of Andromède's donations are used in Honduras, the 24th-poorest nation in the world, according to writers at Focus Economics. As stated by the Education Policy and Data Center, only about 44% of Honduras graduate high school. Andromède is meant to contribute to making "an impact in the community" in countries like this, Essex said.

"Me and José, we felt, just, very fortunate that we were attending a very good university with very good programs and, just, grateful that we could get an education that could propel us in the future and help us be successful," Essex said. "And a lot around the world, there are places that, you know, many countries that children and adults don't have access to quality education."

Essex manages the financial aspect of the company, while Alvarado keeps track of daily operations. Both co-founders contribute to advertising by posting on the company's

Instagram and Facebook pages as well as their personal accounts.

Essex said a typical day at Andromède begins with a phone call to discuss any major events or problems as well as social media marketing plans for the day. Both founders said the most difficult part of managing a business while maintaining college life is time management.

"There's a lot of little details that have to be checked every day... Sometimes, you have to balance that time between schoolwork and putting time to the business to market the products so that you can create sales," Alvarado said.

Even with a busy semester of keeping up with classes while launching their company, Alvarado and Essex said they've enjoyed their experience. Because Alvarado has always been fascinated by fashion, his favorite part of running the business is working with designers to create products," he said. Meanwhile, Essex said he's fulfilled his lifelong dream of owning a company and has enjoyed learning and growing from his mistakes throughout the process.

Anne Spengler, a sophomore international affairs and sociology major, met Alvarado at a party where they discussed Alvarado's new business. Spengler, who models for some brands like Rockstar energy drinks, said she immediately felt drawn to Andromède and its mission, so she volunteered to work with Alvarado and Essex to promote their company, free of charge.

"One of the things that really stood out to me when I was talking to them both was ... they were so passionate about not just starting a brand

for themselves but starting a brand for others," Spengler said. "In the sense that they wanted to make something that would make people feel good and not only ... what their clothing stands for, but what the profits stand for."

As for the future of Andromède, Alvarado said he hopes to branch out and design a variety of new products such as coats, accessories and more. Even further, the founders say their goal is to become more environmentally stable and leave less of a carbon footprint. Once the business starts to generate profits, it plans to reduce the amount of plastic used in packaging and manufacture their products in a more environmentally friendly way.

The co-founders hope to expand the non-profit aspect of Andromède by donating globally to more third-world nations and giving a leg up to children less fortunate than themselves.

"The big thing for us is just making an impact in the lives of children — provide education to them," Essex said. "That's half the reason why we decided to start this business. The biggest mission, the biggest goal ... We would like to see ourselves a year from now, and we would like to see we made an impact in at least the lives of a few people in Honduras. And, you know, if we can see that, if we can see just a few little impact[s], you know, me and José would be very happy with ourselves."

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# A CHANGED INDUSTRY



GRAPHIC BY KAILEY CHENG / THE BREEZE

Monster Games, a small, independent video game store, thrives despite rise of digital era



By **DANIEL CARTER**  
*The Breeze*

Whether people prefer to buy games physically or digitally, there's no denying the increasing popularity of digital video games.

Digital shops like the PlayStation Store, the Epic Games store or even something along the lines of Microsoft's Game Pass have made it a breeze to buy a game without ever having to leave the couch. For most, that might not mean much, or perhaps it's a positive.

But for the employees of Monster Games, it means another hurdle the store may have to overcome.

Monster Games, a local video game shop located off John Wayland Highway, opened in September 2011. It contains all new releases of video games and consoles as well as any retro game or device one could think of. The shelves are filled with classic games like "Metroid Prime," "Ocarina of Time," "Left 4 Dead" and even some oddballs like "Ape Escape." New and retro consoles are held in glass cases, and the walls are lined with a substantial amount of R.O.B.s, a character made famous by Nintendo.

"The word that always comes to my mind when I think about Monster Games is 'nostalgic,'" employee Danielle Coakley said. "The retro side of our store is typically the first thing our customers notice."

Monster Games provides an atmosphere for the gamer niche to thrive in while searching through its collection of merchandise. But, with the digital frontier looming over businesses like these, it can be hard for independently owned stores like Monster Games to stay afloat.

Store manager Shane Click said the digital direction of video games makes him uncomfortable. He said the store isn't worried about competing with GameStop or other physical stores, but rather, its only competition is digital sales.

According to Business Insider, the digital era is severely hurting larger companies such as GameStop — which failed to find a new buyer in 2019 — but despite this pressure, Monster Games still manages to find success.

"In our community of gamers in the area, I can tell you about 65% don't have access to the internet," Coakley said. "They look to us for

their video games because they can't download them."

Click said another reason for the store's success is the number of products they have in one central location. Not many digital sites can offer a customer a Nintendo 64 with "Pokémon Snap" and a PlayStation 4 controller on the side.

Monster Games acquired all of its merchandise through local trade-ins to the store.

Click had multiple reasons as to why Monster Games is a better choice compared to the other video game marketplaces, digital or physical.

"We always offer more trade-in value than GameStop," Click said. "With digital games, you can't share them with friends or trade them back in."

As a gamer, the sense of community can be essential and is part of the reason customers keep returning to Monster Games. The employees are always willing to chat and spend that extra minute to create a bond with a customer.

"Because I'm treated as more than a number at Monster Games, I'll make the drive even though there is a GameStop and Walmart within walking distance," Jason Buby, a customer of six years, said.

Click has been working at the store since it opened in 2011 and celebrated its recent success by signing a new two-year lease for the building.

"I have been working here for so long — it's a part of my life," Click said. "Being the manager, it's become my baby."

While digital stores can make the process of buying games more convenient and accessible, it may take away from growing local gaming communities. Monster Games is an example of how physical stores can coexist with digital markets in today's ever-evolving video game industry.

"The digital market is definitely creeping up, and it can be scary to think about what it means for the future of the store," Coakley said. "But with that being said, I don't think digital will 100% take over, either."

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MS043



TRISTAN LOREI / THE BREEZE

# A veteran guide

JMU women's tennis senior Jona Roka provides a veteran presence for a young team

JMU women's tennis has seven sophomores, while Jona Roka is the lone senior.

PHOTO COURTESY OF JMU ATHLETICS PHOTOGRAPHY



Jona Roka is fifth in program history in individual doubles wins with 52.

By SAVANNAH REGER

*The Breeze*

In 2019, JMU women's tennis won the CAA Tournament for the first time in program history, taking down William & Mary, 4-2. That charge was led by current senior Jona Roka, who sealed the deal for the Dukes and brought the trophy to Harrisonburg.

Now, Roka is the only senior among seven sophomores on the team, and her experience and impact have taken effect heading into her final season at JMU.

"I think Jona's played a large part in helping the team get better," head coach Shelley Jaudon said. "I think she has gotten better every year. Obviously, she has contributed on the court and has learned how to combine her wants and desires with those of the team."

Roka is the only player on the team to have four different coaching changes, meaning she's had to adjust to four different systems and cultures. She said this, in turn, has created a learning experience she can pass to the large sophomore class.

"Each year, I think I have been given a different perspective," Roka said. "These coaches have just brought so much diversity and have really helped me see the better side of tennis."

Roka came to JMU as the first five-star recruit in program history and immediately made an impact. She won a CAA Player of the Week honor her freshman year, was second-team All-CAA in singles her sophomore year and clinched the CAA title in her junior year.

"Honestly, it feels great being the only senior," Roka said. "Having the ability to be the only senior has developed me into the person I am today and challenged me in almost every aspect of life."

Even with all these accomplishments, Roka said she struggled at times yet had her team to rally around her. She said this helped develop her character even more and allowed her to be an even better team player on the court. Born in Nepal, Roka had to work in the United States, and

she brought that energy and drive to JMU. She said she not only works for herself, but for the team as well.

"[Roka] is someone who shows up the same every single day," Jaudon said. "She works, and I think that's very important for the younger girls to see that consistency and example."

Roka said she makes sure to not only focus on herself in tennis, which is an individual sport, but she also helps the team and support younger players. It's important that Roka helps the underclassmen, as the future of JMU women's tennis depends on it.

Roka has been a guide for the newer members of the team, helping underclassmen adjust to college life in all areas, but she makes sure to support her teammates during all stages of a match.

"Jona just knows more about how college tennis works," sophomore Michelle Los Arcos said. "She also has the experience of having another coach, has a different perspective and just knows what to do all around."

Roka has learned how to be a leader through both struggling times and by helping the underclassmen. With her final season as a Duke coming up, Roka doesn't want just a CAA Championship but a run in the NCAA Tournament.

"I think being able to win CAAs was one of the biggest impacts I've had," Roka said. "Being able to do that with a whole new team and a whole new coaching staff is something special."

Roka's on-court achievements will be remembered through the Dukes' CAA championship win. However, Jaudon said Roka's off-court legacy is how she'll be remembered.

"Jona has just made the future here better," Jaudon said. "We're recruiting at a higher level, we're playing at a higher level, and it's because of players like her being in our program."

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TRISTAN LOREI / THE BREEZE

# Eagle Field's new look



Eagle Field has been replaced for the first time since 2010.

## Eagle Field's new turf provides boost for JMU baseball's 2020 season

By **SAVANNAH REGER**  
The Breeze

With JMU football receiving new turf at Bridgeforth Stadium and JMU basketball currently in the process of getting a new arena that will open its doors in 2020, it's JMU baseball's turn for an upgrade.

For the first time since 2010, Eagle Field will be updated. The original field opened with Veterans Memorial Park 10 years ago, and JMU Athletics decided it was time for a new turf.

"We've played on similar surfaces in the Southeastern Conference [SEC], so it's gonna give our guys a really good surface to play on," JMU baseball head coach Marlin Ikenberry said.

This new turf isn't only going to liven up Eagle Field for the Dukes, but it'll also put a new face on the program. The new surface was put down on Nov. 23 with the process beginning in late October. It was completed in January.

"Similar to our recent turf project at Bridgeforth Stadium for football, this project at baseball's Eagle Field presents a fresh look for that program," JMU Director of Athletics Jeff Bourne said in a press release from JMU Athletics. "Baseball is unique from many sports in the opportunity to apply some creativity and nuance. This redesign accomplishes that while emphasizing the new brand elements that we launched in early 2017."

Carolina Green Corp. took charge of the installation of the new surface and was also involved in completing the new surface at Bridgeforth Stadium in 2019 and the JMU Field

Hockey Complex in 2014.

Eagle Field will also help JMU's recruiting, members of the program said. With a new playing surface and its visual appeal, the field may attract recruits.

"Kids will see the turf when they drive by or come to camp and see how beautiful it is along with our beautiful campus," freshman catcher Travis Reifsnider said. "It can help them think that JMU is the right choice for them."

The field features the JMU logo in center field and displays a grass-cut look for every home game. The CAA logo appears along the baselines as well. This look is common around the NCAA and gives the Dukes a professional finish to the field.

"I think that this gives us even more of a home-field advantage," Reifsnider said. "It is a huge thing in sports, and not a lot of teams in this area have this quality of turf."

The construction will also feature a new scoreboard, and the outfield fencing will be converted to purple padding. The center field's batter's eye will also be replaced in the renovation.

"Whenever you get an upgrade like this, it shows commitment," Ikenberry said. "It doesn't happen overnight, it takes some time, and I'm thankful to be able to get the field."

The first games to be played on the newly renovated Eagle Field will be from Feb. 21-23 against Quinnipiac.

**CONTACT** Savannah Reger at [regersj@dukes.jmu.edu](mailto:regersj@dukes.jmu.edu). For more tennis coverage, follow the sports desk on Twitter @TheBreezeSports.

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Thursday, January 23, 2020



# DOUBLE TAKE

## Who will take Super Bowl LIV?

### The Chiefs' depth will be the difference

By **SAVANNAH REGER**  
*The Breeze*

Patrick Mahomes and the Kansas City Chiefs are unstoppable right now, and they're the best overall team.

Last week, the Chiefs played the Tennessee Titans, a team led by running back Derrick Henry, who led the NFL with 1,540 rushing yards this season. The Titans' run game and defense looked unstoppable when they took down the defending champion, the New England Patriots, and the top-seeded Baltimore Ravens in the next round.

Although it took the Chiefs a quarter to figure out Tennessee, they eventually did what the other two teams couldn't: stop the running game. So far throughout the season and playoff run, the Chiefs have been prone to falling behind or starting slow as they figure out their opponent, but then, they take off. After falling down 21-0 to the Texans, Kansas City won 51-31 and made it to the AFC Championship game.

One slow start for the Chiefs was Week 4 against the Lions, in which they were tied at halftime but eventually won, 34-30. Another time was against

Minnesota in Week Nine. The Vikings and the Chiefs were tied 10-10 at half time, but Kansas City eventually won, 26-23.

The same thing happened against Tennessee. The Titans took a quick 10-0 lead on the Chiefs and then led 24-14 at halftime. But once again, the Chiefs adjusted, figured out the running game and ultimately won 35-24, clinching their first Super Bowl berth in 50 years.

To come back in games — especially the playoffs — is notably a huge task to ask for, and it requires grit and resilience — two things the Chiefs have. With veteran coach Andy Reid, tight end Travis Kelce and reigning NFL MVP Mahomes, the Chiefs have what it takes to not only dominate some games but to come back and win games, especially big ones.

The Chiefs are scary both offensively and defensively. Kelce was fourth in the league in receiving yards at 1,229, and safety Tyrann Mathieu had 63 solo tackles on the year. Mahomes had 4,031 passing yards, and linebacker Anthony Hitchens had a team-high 88 tackles, good for 51st in the NFL.

The Chiefs altogether had 6,067 yards with 379.2 yards per game in 2019 for

451 points, which put them at fourth in the league. Kansas City averaged 28.2 points per game, fifth in the NFL, and 19.3 points against per game. The team averaged 281.1 pass yards per game and 98.1 rushing yards per game.

The Chiefs have the depth and experience to win the Super Bowl this year. They have the playmakers with Mahomes, Kelce and wide receivers Sammy Watkins and Tyreek Hill. They have the mentality and the comeback energy showcased in both the Divisional Round and the AFC Championship.

Kansas City also has more postseason experience than the 49ers do in recent years. Reid has more postseason experience than 49ers head coach Kyle Shanahan has, and Mahomes has been on the big stage before, unlike 49ers quarterback Jimmy Garoppolo.

The Chiefs have all the pieces in place, the depth at all positions and the drive to win the Super Bowl, which is why they will raise the Lombardi Trophy on Feb. 2.

**CONTACT** Savannah Reger at [regersr@dukes.jmu.edu](mailto:regersr@dukes.jmu.edu). For more sports coverage, follow the sports desk on Twitter @TheBreezeSports.



COURTESY OF TRIBUNE NEWS SERVICE

Patrick Mahomes and the Chiefs are built for a Super Bowl win.

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Thursday, January 23, 2020

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The Breeze **B**





PHOTOS COURTESY OF TRIBUNE NEWS SERVICE



# Offensive and defensive talent will push the 49ers to a Super Bowl win

By **JOSHUA GINGRICH**  
*The Breeze*

The San Francisco 49ers had one of the best defenses in the NFL this season. According to Team Rankings, they ranked in the top five in points allowed, opponent yards per game and takeaways. San Francisco allowed 30 points only twice all season. Its defense is led by linebackers Fred Warner and Dre Greenwall, who both were in the top 50 in total tackles this season. The 49ers also have defensive linemen Nick Bosa and Arik Armstead, who each tied for ninth in the NFL with 12 sacks.

San Francisco also has a great offense. It scored 30.2 points per game, good for second in the league. The 49ers rely mainly on a running attack to pick up yards, with the running back trio of Raheem Mostert, Matt Breida and Tevin Coleman carrying them to the second-most running yards this season. Coleman, who left the NFC championship versus the Green Bay Packers with a dislocated shoulder, is expected to play, according to head coach Kyle Shanahan.

The 49ers' biggest passing option is tight end George Kittle, who was one of three tight ends to rack up over 1,000 passing yards in the

NFL. In addition, the 49ers are one of the least penalized teams in the league at 6.2 penalties per game.

San Francisco has controlled its two opponents so far this postseason. In the Divisional Round, the 49ers defeated the Vikings, 27-10. Coleman ran for 105 yards and scored two touchdowns on the ground. San Francisco cornerback Richard Sherman intercepted a pass, and the 49ers recovered a fumble as well.

In the NFC Championship game, San Francisco emerged victorious against the Packers, 37-20. Mostert had 220 rushing yards and four touchdowns, while the defense forced Green Bay quarterback Aaron Rodgers into two interceptions and three sacks.

The 49ers have a strong offense and a dominant defense in place. Plus, after a subpar 4-12 record in 2018, they have a large amount of momentum and adrenaline carrying them right now.

That combination is why we'll see them holding the Lombardi trophy on Feb. 2.

**CONTACT** Joshua Gingrich at [gingrihj@dukes.jmu.edu](mailto:gingrihj@dukes.jmu.edu). For more sports coverage, follow the sports desk on Twitter at @TheBreezeSports.



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Thursday, January 23, 2020



SAMANTHA LINCZYC / THE BREEZE



# Scoreboard

	Last result	Next game
<b>Men's basketball</b>	69-61 L at Towson	at W&M
<b>Women's basketball</b>	87-53 W at CofC	vs. Hofstra
<b>Men's tennis</b>	7-0 W vs. SVU	vs. Richmond
<b>Women's tennis</b>	Offseason	vs. ECU

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Thursday, January 23, 2020

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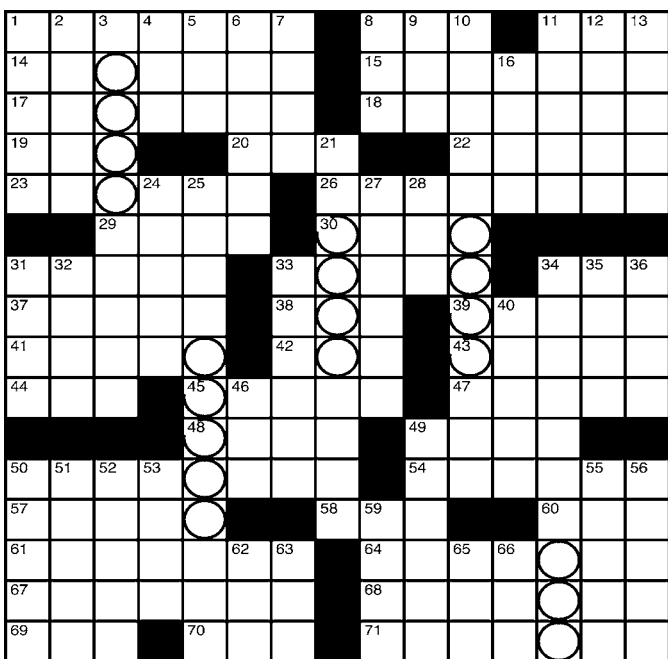
FOR RELEASE JANUARY 23, 2020

# Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

## ACROSS

- 1 Spunky
- 8 Longest-serving Japanese prime minister
- 11 Ave. crossers
- 14 Steel foundry input
- 15 Traction-improving
- 17 "Try some!"
- 18 Lamaze class attendee
- 19 Expectant time
- 20 One of the family
- 22 About 24% of the U.S. Congress
- 23 Stations
- 26 Place for choppers
- 29 Not quite right
- 30 Oodles
- 31 Broadway song that begins, "The most beautiful sound I ever heard"
- 33 Brief encounter
- 34 Flag thrower
- 37 Co-tsar with Peter I
- 38 Saucepan cover
- 39 Missile Command game company
- 41 Place to stay
- 42 Newcastle Brown
- 43 Starts bubbling, maybe
- 44 Fleecy one
- 45 Loafs
- 47 Strong suit
- 48 Lost, as a big lead
- 49 Way back when
- 50 Rum drink
- 54 Competition that includes snowboarding
- 57 Pianist
- 58 California's
- 60 Egg cells
- 61 Like the most busy busybody
- 64 Mid-Michigan city
- 67 Uganda's capital
- 68 Accessory for an Aquaman costume
- 69 Before, in poems
- 70 Coffee hour sight



By Bruce Haight

1/23/20

## DOWN

- 1 Positioned
- 2 Really want
- 3 New Year's Day event in Pasadena
- 4 Tiny toiler
- 5 Name in eerie fiction
- 6 Proper to a fault
- 7 Himalayan legend
- 8 "Furthermore ..."
- 9 Fluffy wrap
- 10 Finish impressively
- 11 Sportscast technique
- 12 River near Vatican City
- 13 Exhausted
- 16 "Hold it!"
- 21 Lamb Chop puppeteer
- 24 Short, in a way
- 25 It helps you go places
- 27 Gives the slip
- 28 Part of LAPD
- 31 Pedometer unit
- 32 Swear
- 33 Sport coat

## Wednesday's Puzzle Solved

S	P	E	C	T	R	A	P	S	A	C	T	S
T	I	N	E	R	E	N	E	E	V	A	R	Y
R	E	A	M	A	R	O	L	L	O	P	E	N
A	R	M	E	D	C	O	N	F	L	I	C	T
P	R	O	N	E	T	O	R	A	I	S	E	
E	R	T	E	F	O	R	C	E	D	O	W	N
E	L	I	S	P	A	D	E	L	O	N	I	T
E	L	I	S	L	E	E	V	E	S	S	M	S
B	U	R	T	E	S	L	F	O	P			
B	L	O	O	D	C	E	L	L	F	O	O	L
S	U	N	N	I	A	S	T	O	R	I	A	
C	O	D	E	S	W	I	T	C	H	I	N	G
A	B	L	E	T	O	A	D	Y	B	O	E	R
I	R	A	N	A	R	G	U	E	A	L	A	E
M	A	D	D	S	T	E	P	S	H	E	R	E

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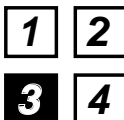
- 34 Get support, in a way ... and what the puzzle circles do
- 35 Writer Gardner
- 36 Rock that, oddly, loses to paper
- 40 Puccini opera
- 46 Boxer Laila
- 49 Ventura County city
- 50 German word of gratitude
- 51 Wildly cheering
- 52 Knocker's words
- 53 Zinger
- 55 Chris of "Captain America"
- 56 Handled
- 59 Wine made from Muscat grapes
- 62 Camera type, for short
- 63 You basked for it
- 65 USO show audience
- 66 Wyo. neighbor

# SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

	4	2		5		6	7	
		5		4				
								8
		4	5			9		7
5				6				1
8		1			3	4		
7								
				7		2		
	9	3		2		7	6	

## Level



Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve sudoku, please visit [sudoku.org.uk](http://sudoku.org.uk)

1/23/20

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A new Pilates & Barre Studio in downtown Harrisonburg is seeking part-time instructors with a dance and/or fitness background to teach Pilates, barre and fitness classes. Make up to \$30/hr once certified. Call or text Jessica @ 843.324.6987 for details.

### Full-Time School Bus Drivers

The City of Harrisonburg is seeking applications for full-time School Bus Drivers. To find out more and apply online, visit <https://www.harrisonburgva.gov/employment>. EOE.

## SERVICES

### Graphic Designer Wanted

The Breeze, JMU's award-winning student media organization, seeks a student graphic designer for print and online advertising. Job requirements include creating ads for clients, collaboration with Advertising Coordinator, page layout and design. Must be deadline oriented. Knowledge of Adobe software and previous design experience. EOE.

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### Launch Your Nonprofit: Steps You Need to Know

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Thursday, January 23, 2020



# STUDY ABROAD WEEK

## JANUARY 27TH - 31ST, 2020

*The world is your classroom!*

### Monday, January 27th

#### #JMUStudyAbroad Photo Contest Begins!

Share your travel photos! For contest info, follow us on Instagram at @JMUStudyAbroad!

#### Study Abroad Social

11:30am – 2:00pm | CGE Lobby

#### Study Abroad Financial Aid Info Session

4:00pm – 5:00pm | Madison Hall 2001

#### Travel Photography Workshop

6:00pm – 7:30pm | SSC 1075

Join us for a fun workshop by JMU Photography Club as they provide tips on how to take awesome photos on the go!

### Tuesday, January 28th

#### Special Advising

2:00pm – 4:00pm | Madison Hall 2001

Have questions about studying abroad? Stop by and chat with our advising team! Coffee and treats provided!

#### Study Abroad Financial Aid Info Session

4:00pm – 5:00pm | SSC 4046

#### Study Abroad 101

5:00pm – 6:00pm | CGE Lounge

Join the Global Dukes and Ambassadors as they lead a discussion on the things you need to know about life abroad.

### Wednesday, January 29th

#### Special Advising

9:00am – 11:00am | SSC 1075

#### Exploring Africa

11:30am – 1:00pm | SSC 1075

Join us for a discussion on the impact of studying abroad in Africa! Hear from a panel of students share their experiences abroad.

#### Taste of Study Abroad: Spring Study Abroad Fair

6:00pm – 8:00pm | Hall of Presidents, D-Hall

Still looking for the perfect program? Stop by our Spring Study Abroad Fair to see the many program options still open!

### Friday, January 31st

#### Photo Contest winners announced!

Check out the amazing winners at @JMUStudyAbroad!



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